

Reference: CAPP 52-18, 1 April 2003

Civil Air Patrol Cadet Physical Fitness Test (CPFT) Score Card

Minimum requirements are based on age, gender and achievement number.

Cadet Name:	Date:	
Current Grade:	Preside	ent's Challenge: 50th percentile

Phase II - Indicate Achievement: □ 7. Goddard □ 8. Armstrong □ Milestone: Mitchell Award													
Cadat Aga & Say		Male						Female					
Cadet Age & Sex (Circle one)		12	13	14	15	16	17+	12	13	14	15	16	17+
Actual	P. 23 Sit & Reach (Cm)	26	26	28	30	30	34	30	31	33	36	34	35
	P. 24 Curl Ups (60 sec)	40	42	45	45	45	44	35	37	37	36	35	34
	P.25 Push Ups (1every 3 seconds)	18	24	24	30	30	37	11	11	11	15	12	16
	P. 26 (30 feet) Shuttle Run (seconds)	10.6	10.2	9.9	9.7	9.4	9.4	11.3	11.1	11.2	11.0	10.9	11.0
	P. 27 Mile Run (Minutes)	8:40	8:06	7:44	7:30	7:10	7:04	11:05	10:23	10:06	9:58	10:31	10:22
Indicate: □ Pass □ Needs to Retest CPFT Testing Officer:													

Equipment needed: Stopwatch; meter ruler; 2 chalkboard erasers; copy of CAPP 52-18, 1April 2003

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